

MPower

How might we support women in Singapore in staying healthy, happy and empowered through midlife and menopause?

The Challenge

Almost half of women aged 45–64 are affected by mid-life changes, yet menopause care is largely absent from polyclinics and GPs. Beyond healthcare it remains a stigmatized issue, with women often feeling embarrassed to address it, making it very difficult to access the support that allows women to survive, and even thrive, during this period of life.

Menopause takes many people by surprise, with symptoms appearing gradually. Short-term symptoms, including muscle and joint pains, poor sleep, anxiety, brain fog, and hot flashes, build up in frequency and intensity over time, and can impact health, family life and work.

If left unaddressed, menopause accelerates and increases the risks of women developing diseases such as cardiovascular diseases, diabetes, osteoporosis and dementia.

By dismissing menopause as just ageing or stress, we fail to support one half of our population in enjoying a healthy life into their senior years. We limit not only their physical health, but also relationships, finances and careers.

The Solution

“MPower” proposes to be Singapore’s first National Care Package for midlife women.

Through an integrated approach, MPower will:

- Help women know when and where to seek care
- Train GPs and nurses to provide timely, and national, guideline-based menopause care

- Improve family wellbeing by relieving symptoms and making it easier for women to sustain caregiving roles
- Support a healthy economy by retaining experienced women in their roles, and helping women to be financially secure

The Impact

Menopause isn’t just about midlife women, it affects all of us. It touches families (straining relationships and caregiving) and impacts our economy (holding back women’s careers and affecting productivity).

With MPower, we can keep women healthy, families happy, careers on track and save on expensive healthcare dollars.

Vote!

Vote for us so that your mom, your wife, your sister or your friend can enjoy the best of her years after 40, not the most difficult.



The Design Team

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1 in 2 **SG** WOMEN* ARE AFFECTED

It is more than just stress or aging — know the signs, get the right care

*48-63% of Singapore's female population are in the peri- to post-menopausal age range; onset can begin as early as 35, although it typically starts in the mid-40s.



Mpower!

Live your best life
at 40 & beyond!



You are not alone

CARE
4

Get the best care



Polyclinic doctors & nurses equipped with the latest knowledge

CARE
2

Spot the signs early

Manage your symptoms and get the right care! Take this quiz to find out..



Do you have it?

CARE
3

Feel better, Sleep better, Live better

Science-backed tips for every woman!



CARE
1

Free health checks at 40!

Protect your brain, heart, bones & future



Just for you!

Start Here

NO MOTIVATION!! HELP!!

VOTE NOW!

You can CHANGE CARE for every women you love